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	ESPGHAN 2010 Recommendation	ESPGHAN 2022 Recommendation
Fluid (ml/kg/day)	135-200	<b>150-180 (135-200)</b>
Energy (kcal/kg/day)	110-135	<b>115-140 (-160)</b>
Protein (g/kg/day)	3.5-4.5	<b>3.5-4.0 (-4.5)</b>
Fat (g/kg/day)	4.8-6.6	<b>4.8-8.1</b>
Linolenic acid (mg/kg/day)	385-1540	<b>385-1540</b>
α-Linoleic (mg/kg/day)	>55	<b>≥55</b>
DHA (mg/kg/day)	12-30	<b>30-65</b>
ARA (mg/kg/day)	18-42	<b>30-100</b>
EPA (mg/kg/day)	-	<b>≤20</b>
Carbohydrate (g/kg/day)	11.6-13.2	<b>11-15 (-17)</b>
Sodium (mmol/kg/day)	3.0-5.0	<b>3.0-5.0 (-8.0)</b>
Chloride (mmol/kg/day)	3.0-5.0	<b>3.0-5.0 (-5.0)</b>
Potassium (mmol/kg/day)	1.7-3.4	<b>2.0-3.0</b>
Calcium (mmol/kg/day)	3.0-3.5	<b>3.0-3.0</b>
Phosphorus (mmol/kg/day)	1.9-2.9	<b>2.2-3.7</b>
Magnesium (mmol/kg/day)	0.3-0.5	<b>0.4-0.5</b>
Iron (mg/kg/day)	2-3	<b>2.0-3.0 (-6.0)</b>
Zinc (mg/kg/day)	1.1-2.0	<b>2.0-3.0</b>
Copper (µg/kg/day)	100-132	<b>120-230</b>
Selenium (µg/kg/day)	5-10	<b>7-10</b>
Manganese (µg/kg/day)	<27	<b>1-15</b>
Iodine (µg/kg/day)	11-55	<b>11-55</b>
Chromium (µg/kg/day)	0.03-1.23	<b>0.03-2.25</b>
Molybdenum (µg/kg/day)	0.3-5	<b>0.3-5.0</b>
Thiamine (B1) (mg/kg/day)	140-300	<b>140-290</b>
Pantothenic acid (mg/kg/day)	0.33-2.1	<b>0.6-2.2</b>
Biotin (µg/kg/day)	1.7-16.5	<b>3.5-15</b>
Niacin (µg/kg/day)	380-5500	<b>1100-5700</b>
Ascorbic acid (vitamin C) (mg/kg/day)	11-46	<b>17-43</b>
Riboflavin (B2) (µg/kg/day)	200-400	<b>200-430</b>
Pyridoxine (B6) (µg/kg/day)	45-300	<b>70-290</b>
Folic acid (µg/kg/day)	35-100	<b>23-100</b>
Cobalamin (B12) (µg/kg/day)	0.1-0.77	<b>0.1-0.6</b>
Vitamin A (iU/kg/day)	1333-3300 (400-1000µg retinol ester/kg/d)	<b>1333-3300 (400-1000µg retinol ester/kg/d)</b>
Vitamin D (iU/kg/day)	800-1000 iU/day	<b>400-700 iU/kg/day (&lt;1000)</b>
Vitamin E (mg/kg/day)	2.2-11	<b>2.2-11</b>
Vitamin K (µg/kg/day)	4.4-28	<b>4.4-28</b>

Footnote: figures in brackets represent ranges or upper intakes that might occasionally be needed in routine clinical practice under certain conditions. See text for details.